

# the JOY MAKER CHALLENGE



generationOn  
A POINTS OF LIGHT ENTERPRISE



## Be a Joy Maker!

*The holidays are a wonderful time when people celebrate with their family and friends. But for some people, the joyful holiday season can feel lonely. By completing acts of joy through meaningful service, you can bring holiday cheer into the lives of people in your community and across the country.*

### Project Name: **Puzzles to Remember**

**What you're doing:** Collect puzzles to help seniors in your community stay mentally healthy.

**Why it Matters:** Engaging in simple mental activities such as puzzles can slow down the loss of brain function that often occurs as people get older.

**Budget:** \$0 - \$13 (for decorations and snacks)

#### Ideas to Chat About:

- Why is it important to care about seniors?
- How does collecting puzzles help seniors?
- How can we get others to participate in collecting puzzles to donate to seniors?

#### What You Need:

- Puzzles- \$0-\$5
- Location
- Donation Boxes- \$0-\$3
- Decorations- \$0-\$5

#### Project Instructions:

- **Grades K-2:** Keep it simple! Follow the instructions.
- **Grades 3-5:** Involve your school classroom or neighborhood in collecting puzzles.
- **Grades 6-8:** Consider holding a puzzle drive outside of a toy store (with their permission). Ask shoppers to buy and donate puzzles and educate them how important it is for senior citizens to stay mentally active!
- **Grades 9-12:** Plan a "Holiday Puzzle Party" at your local Senior Center with classmates, friends, and families. Decorate the room with holiday cheer and spend the afternoon getting to know the seniors over puzzles and snacks.



**How to do it!**

1. Contact local organizations that work with seniors – nursing homes, veteran's homes, senior community centers or assisted living facilities. Tell them that you'd like to collect puzzles and drop them off at their location. Ask if they would accept lightly used puzzles in addition to new puzzles.
2. Spread the word about the collection. Make flyers and post them at school and in your community. Tell people how long you will be collecting puzzles for and where they can donate them.
  - a. Remember to share information about how important it is for senior citizens to have fun and exercise their minds. Add a picture of your own grandparents, or another senior citizen you care about for motivation!
3. Decorate donation boxes and place them in the designated collection areas.
4. Once you've collected enough puzzles, take an inventory of the puzzles you have received.
5. Call the local organization that you are working with and schedule a time to drop off the puzzles.

**Reflection Questions:**

1. How does it make you feel to know that you've helped a senior citizen stay mentally healthy?
2. What other unmet needs might seniors in your community have?
3. How else can you encourage interaction between youth and seniors in your community?

**Additional Resources and Suggestions:**

- Check out this [fact sheet](#) on Senior Citizens and other ways you can help.
  - Set up a schedule for visits and try to visit the seniors at least once a month to play puzzles or other games.
  - Read *The Sunshine Home* by Eve Bunting: Learn about how young people can connect and create meaningful relationships with the elderly.
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